



The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 4: February 15, 2017

The following news, activities and events have been shared for this edition (February 15-March 15). Please share among your networks.

- The **Fundy Wellness Network** is hosting a free education session for members during its quarterly meeting on Thursday, March 16 at the q-plex Quispamsis (with a storm date Thursday March 23). This 90-minute session on **Effective Social Media Practices** is valued at approximately \$250 pp. You must R.S.V.P. to attend.
- Thank you to all who celebrated **Warm Up to Winterfest 2017**. Check out the photos on our [Facebook Page](#). Be sure to like us if you haven't already!
- The **Saint John Sports Hall of Fame** is accepting nominations for its 2017 induction. Nominate your local sport legend from Greater Saint John. www.saintjohn.ca/shof
- **It Takes a Village to Raise a Teen: Drug Awareness** - What Every Parent Needs to Know | Monday, February 27th, 2017 | 7 –8:30 pm (doors open at 6:30) | St. Malachy's High School Auditorium | Snow date: Thursday, March 2nd
- Application deadline for City of Saint John summer field bookings is March 17. www.saintjohn.ca
- A **Syrian Foods and Handcrafts Sale** will be held at the Crescent Valley Resource Centre, 130 MacLaren Blvd., Saturday, February 18, 11:00 am to 2:00 pm. Organized by CV neighbour Reham Abazid, all proceeds and donations will be used to purchase sewing machines for Syrian women living in Jordan; many of the women lost their husbands in the Syrian war. The women will receive training on the sewing machines, leading to employment opportunities to support their families. Call 639-9970 for more information.
- **Dieticians Canada** reminds you that March is #NutritionMonth. Find tips, tweets and tools at www.NutritionMonth2017.ca
- **Winterfest in Quispamsis** | Saturday, February 25th
 - 12-1pm - Public Skate with Fleaburn! at qplex*
 - 12:30-1:30pm – Free Hot Chocolate at Q-Stop canteen*
 - 12:30-2:30pm - Snowsculpting with Rob between qplex and Parks Building*
 - 12:30-2:30pm - Spiderdog Roast between qplex and Parks Building*
 - 1:30am-2:30pm - Giant Toy Room with Crafts! In qplex Conference Centre*
 - 2:30-4pm – Family Movie (Moana) and popcorn in qplex Conference Centre*
- **Coming Up @ The Workroom** | 1 Agar Place | 658-5580
 - Social Media and Your Brand | Thursday, February 16th at 2:00pm*
 - Resume Writing Workshop | Monday, February 20th & 27th at 10:00am*
 - Career and Interests Workshop | Thursday, February 23rd at 2:00pm*
- The **Canadian Mental Health Association of New Brunswick in Saint John** is now accepting registrations for spring education programs. Call 633-1705.
 - Understanding Anxiety & Panic Disorder begins March 14th (8 weeks)*

Hope & Healing: Coping with the Suicide of a Loved One begins March 28th (10 weeks)

- CMHA presents the **27th Curl for Mental Health** | Saturday, March 18th | Call 633-1705 to register your team today.
- **Sobeys** is offering a number of nutrition events during February.

Free Taste & Learn Classes

Cooking for Heart Health...Salad Dressings and Oils: Thursday, February 23rd , 12:00-1:30pm, Saint John West

Cooking for Heart Health...Desserts: Friday, February 24th, 12:00-1:30pm, East Point

Healthy Cooking Class with Chef and Dietitian (\$15)

Wednesday, February 15th, 11:00am- 1:00pm, Rothesay

Heart Healthy Grocery Store Tour

Thursday, February 16th 10:30am – 12:00pm, Saint John West

For more information, call: 633-7787 OR Email: karen.simon@sobeys.com (East Point)

maryann.petersgallant@sobeys.com (Saint John West & Rothesay)

Coming up in March at Sobeys Rothesay

Free Food Discovery Classes: March 2nd & 16th 2-3pm | March 9th & 23rd - 1-2pm

Free Group Tours: March 1st, 8th, 22nd, 29th 6-7pm | March 31st - 2-3pm

Pre-registration for classes/tours is required. Please contact Brittany Gregg at 847-5697 or 00495wnsc@sobeys.com

The next issue of *The Wellness Wire* will be delivered on **March 15**. Please submit your items no later than **March 13** to fundywellnessnetwork@gmail.com